

THE EFFECTIVENESS OF AKUPRESURE TUINA IN INCREASED APPETITE IN TODDLERS: LITERATURE REVIEW

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ABSTRACT

Difficulty eating is a problem in providing food and meeting nutritional needs that are generally found in children and become a health problem throughout the world. Most of the feeding difficulties in infants and children are related to growth disorders and developmental disorders. The purpose of this study is knowing the effectiveness of akupressure Tuina to increased appetite in toddlers. This study method uses a literature review. This research was carried from 16 Indonesian and English journal were selected base on inclusion criteria. The result of this literature review indicated base on analysis of several journals, it can be concluded that after the Tuina massage for 6 consecutive days most of the respondents had a good appetite. Giving Tuina massage can increase appetite in toddlers.

Keywords : Akupresure Tuina, Increased Appetite, Toddlers

INTRODUCTION

The first 1000 days of life are very important for the growth and development of children and can determine the development of intelligence in the long term. Not meeting optimal nutrition in 1000 HPK children can have a negative impact on brain growth that is not optimal. The nutritional needs of toddlers will not be met if toddlers have problems eating difficulties. This eating difficulty in children is one of them influenced by loss of appetite. After passing the age of 1 year, children will begin to be picky about food and toddlers' ability to refuse food given by parents to their children (Nurjannah 2014).

Nowadays, baby massage technique has been developed, namely Tui Na massage. This massage is done by gliding massage technique (Effleurage or Tui), massaging (Petrissage or Nie), tapping (tapotement or Da), friction, pulling, twisting, shaking, and vibrating certain points so that it will affect the flow of body energy by holding and pressing the body. on certain body parts (Zhuan Huan Liu, 2011). Tui Na massage is a more specific massage technique to overcome eating difficulties in toddlers by improving blood circulation in the spleen and digestion which can increase the absorption of nutrients (Zhuan Huan Liu, 2011).

METHOD

The method used in writing this literature review begins with selecting a topic, then determining keywords to search for journals. Some Google scholar databases, journal searches are limited from 2018 to 2022. The keywords used are "Tuina massage, appetite. 16 Indonesian and

English journals were selected based on inclusion criteria. The inclusion criteria in this literature review is tuina massage to increase appetite.

RESULT

Toddlers have a high curiosity and they are interested in fulfilling many things with their curiosity, so they are busy exploring the surrounding environment. According to Wardlaw and Hampl (2007), busy exploring their environment sometimes distracts children from their food. In addition, children are also the most common cause of difficulty eating in toddlers due to impaired spleen and digestive functions. So that the food that enters the stomach is not digested immediately, which results in food stagnation in the gastrointestinal tract, the complaints conveyed by parents on this problem are the child often vomits, is nauseated when fed, and the stomach feels full so that it reduces appetite or even does not have the same appetite. very. This massage will accelerate blood circulation to the spleen and digestion, this is supported by research conducted by Zhen Huan Liu and Li ting Cen in Guangzhou in 2009 which stated that Tui massage had a positive effect on nerve development and blood circulation in infants. A similar study was also conducted by Joko Widodo et al. (2012) . This literature review examines 16 pre-experimental journal articles, about tuina massage on increasing appetite.

DISCUSSION

1. Bend the child's thumb slightly, and rub the line along the thumb side of the palm, from the tip of the thumb to the base of the thumb between 10-50 times



2. Press circularly at the base of the thickest fleshy thumb 10-30 times or as much as you can.



3. Rub around the middle of the palm 10-30 times or as much as you can, with a circle radius of approximately 2/3 from the middle of the palm to the base of the little finger.



4. Prick with your fingertips and press around the point in the middle of the curve of the knuckle closest to the palm, for the index, middle ring, and little finger. Prick with fingertips 3-5 times and massage press 30-50 times per point.



5. Press in a circle with the center of your palm just above the navel, clockwise 10-30 times.



6. With both thumbs, press and separate the line under the ribs towards the side of the stomach 10-30 times.



7. Circularly press the point under the outer knee (st point 36), about 4 finger widths below the kneecap, 5-10 times.



8. Massage the child's back in general. Then lightly press the spine from top to bottom 3 times. Then pinch the skin on the left and right of the coccyx and spread up to the width, 3-5 times.



9. Do this method 1 time a day for 6 days.

CONCLUSIONS AND SUGGESTIONS

Based on the results of the analysis of several journals, it can be concluded that after the Tuina massage for 6 consecutive days most of the respondents had a good appetite. Giving Tuina massage can increase appetite in toddlers.

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